

Therapeutic Questions

1. "What specific thoughts were you having at that moment?"
2. "How did that thought make you feel about yourself?"
3. "What evidence supports this belief? What evidence might refute it?"
4. "How might someone who loves you challenge that thought?"
5. "If you were to believe the opposite, how might your behavior change?"
6. "Are you generalizing a specific event to other areas of your life?"
7. "Is this a black-and-white thinking pattern, or is there a middle ground?"
8. "What's the worst-case scenario? And if it happened, how would you cope?"
9. "If a friend came to you with this thought, what advice would you give?"
10. "How does this thought/action align with your core values and beliefs?"
11. "What patterns or triggers do you notice that bring up this thought?"
12. "Do you notice any patterns in the types of relationships you form?"
13. "How have past losses influenced how you handle emotions today?"
14. "What emotions are surfacing for you right now?"
15. "What values or beliefs are most important to you?"
16. "How do you define happiness or success for yourself?"
17. "What dreams or aspirations are you aiming for?"
18. "Imagine a day when the problem is solved; what would you notice differently?"
19. "What strengths have helped you cope so far?"
20. "How have you successfully faced challenges in the past?"
21. "On a scale from 1 to 10, with 10 being the ideal situation, where would you place yourself right now?"
22. "Have there been times recently when the problem was less frequent or severe?"
23. "What's one small step you could take this week to move closer to your goals?"
24. "What have you learned about yourself as you've dealt with this challenge?"
25. "What gives your life meaning and purpose?"
26. "What personal responsibilities do you often ponder about?"
27. "How do you define a life well-lived?"
28. "How do you grapple with life's uncertainties and lack of guarantees?"

Therapeutic Questions

29. "Where do you find hope or motivation when confronted with challenges?"
30. "What experiences make you feel most alive?"
31. "What legacy or impact do you hope to leave?"
32. "Are there moments when you question your significance or worth?"
33. "How do you reconcile with past regrets or missed opportunities?"
34. "What are you feeling in this exact moment?"
35. "Can you describe the sensations in your body right now?"
36. "What's taking up most of your mental space right now?"
37. "How does this current concern compare to your past experiences?"
38. "Is there a conflict between what you're thinking and what you're feeling?"
39. "How does our current interaction make you feel?"
40. "Where in your body do you feel this emotion the most?"
41. "How does the environment around you influence your current feelings?"
42. "Is there a disconnect between your inner world and your external expressions?"
43. "How does it feel to share this with me right now?"
44. "Can you describe a recent situation where you felt overwhelmed or unsupported?"
45. "How do you handle conflicts or disagreements with those close to you?"
46. "In what ways do you seek support when you're feeling down?"
47. "How would you describe your role in your family or friend group?"
48. "Are there patterns in your relationships that you'd like to change?"
49. "How do changes in your mood influence your interactions with others?"
50. "Is there a relationship in your life that feels particularly strained right now?"
51. "Are there unresolved feelings or issues from past relationships affecting your present ones?"
52. "How do you react when you feel misunderstood or not heard?"
53. "What qualities do you value most in your close relationships?"
54. "Do you feel like you can be your genuine self with those around you?"
55. "Are there times when you feel isolated or distant from your loved ones?"

Source: Practical Psychology. (2023, October). *Therapy Question List (190+ Examples and 10 Types)*. Retrieved from <https://practicalpie.com/therapy-question-examples/>.